

Volume 2, Issue 5
1 MAY 2008

Civil Air Patrol/Cape May

From the Commander



CAPE MAY COUNTY SQUADRON CIVIL AIR PATROL

SQUADRON

We now enter our busy season for Search and Rescue. Now is the time to ensure all of your Emergency Services gear is in good working order. We need more cadets to become General Emergency Services (GES) qualified to help our squadron perform missions we are tasked by the U.S. Air Force Rescue Coordination Center.

The New Jersey Wing Cadet Basic Encampment is being held from 26 July to 02 August 2008 at Fort Dix/McGuire Air Force Base. The cost is only \$100.00 for an intense week of training, team building skills, military knowledge, and food and lodging. Cadets need Basic Encampment in order to apply for National Activities and other events. Check with your

Cadet Staff for more details and requirements to attend.

Cadets are encouraged to participate in Orientation Flights, especially since our squadron has an aircraft assigned to the unit. Every Cadet is authorized Orientation Flights to learn about Aerospace Education and Flying. Cadets are encouraged to sign-up for flights with Captain Richard Fellows or your Cadet Staff. This is a Great Opportunity to fly in an aircraft and enjoy the thrill of being in the air. Don't let this opportunity pass you by.

"SEMPER OPTIMUS"

**Captain Kevin L. Barstow,
Sr.
Commander, NJ-009**

A Note From the Cadet Staff

There are a lot of opportunities available for you as a cadet in Civil Air Patrol outside of normal squadron activities. Now that the weather is improving, orientation flights will be starting up again. Every cadet who has passed their Curry Achievement is entitled to five free orientation flights in both a powered aircraft and a glider. Another major opportunity for cadets to participate outside of normal meetings is emergency services. Any cadet who is GES qualified and Airman or higher can participate in missions, and the more qualified you become, the more involved you can become. One of the biggest ways to become involved with CAP outside of the squadron is by attending encampment. After attending encampment, you can participate in national activities, where you can meet people from all around the country while gaining knowledge about CAP and Air Force missions. Also, you can serve on encampment staff, and gain practical leadership experience.

C/2Lt Tristan Kooker
Cadet Executive Officer

Promotions

C/Craig Coughlin to C/SrA



C/Brendan Flynn to C/Amn



C/Dylan
Rutherford to
C/SSgt



C/Matthew Rickards to C/Amn



Upcoming Events:

10 May SAREX and Bivouac
31 May – 1 June McGuire Air Expo

HAPPY BIRTHDAY!

Chaplain Coffey
Capt Clark Lunsford
1Lt Jessica Avellino



Anniversaries

Capt Thomas Callahan

To All Personnel:

Uniforms, boots, and shoes are available in Supply. Uniforms are also available. A new price list will be posted as to price of each item. Credit will be given for returned Rank.

If you have any questions, see Supply.

Maj Wayne Ingling
1Lt Richard Simon
SM Lisa Barstow

Public Affairs Just a quick note—parents we can use your help. Snacks and drink donations are very welcome, as well as office supplies and trash bags. Have you considered joining as a Sponsor Member? You can have a lot of fun and help the squadron at the same time. If you ever have questions, email me. Don't be afraid to ask! ejsltb@comcasts.net
2Lt Sandra Kooker, PAO



Support Search & Rescue

GET LOST !

Just a quick note from your New Emergency Services Officer. This is to let everyone know that I am the new Emergency Services Officer. If you are not sure about what Emergency Services is take a minute or two and check out the NJ Wing Emergency Services section of the Wing Web site. Some of statistics are a little out dated but it there is a lot of good information about Emergency Services.

<http://www.njwg.cap.gov/es.html>

This is my first official duty in the CAP (being appointed ES officer) and I have some pretty big shoes to fill. But with the guidance of Capt Barstow and Capt Avellino I am sure we will all succeed! I encourage all Cadets to get involved in ES, and work your way towards the coveted GTM badge. Getting involved in Emergency Services is a great way to help out your community and receive some really cool training.

See you in the Woods,

2Lt Evan Kooker

OPERATIONS

This past winter many cadet orientation flights were cancelled or not scheduled due to inclement weather. We are now coming into our active flying season and will begin to fly more and more O-flights in the airplane and in our glider. Remember all cadets are entitled to ten O-flights. Five in the glider and five in the airplane. This is a great opportunity and everyone should take full advantage of it. We will also hold a glider encampment this July. This is an opportunity for cadets to earn their supervised solo certificate and be in an excellent position to earn a glider license. You can solo in a glider when you are 14 years old, and get a private pilots license when you are 16 years old. That means you can fly before you can drive in this state. How cool is that?

I can't think of anything else in the world that is more fun than flying in a glider!

To be scheduled for O-flights you may speak with your cadet commanders or you may e-mail me directly at **fellows@verizon.net**.

Capt Richard Fellows

Health Services

The weather is becoming warmer, which means here comes the nasty bugs. Here are a few tips that might help stop the bugs from biting you. The new discovery is Listerine mouth wash, put some in a spray bottle and spray it around the area you are in (BBQ, Picnics, children play areas). It keeps them away for hours and is very inexpensive. This especially works well for mosquitoes. Don't spray directly on any wood, or wet it with the Listerine, but spray around the wood.

The other good bug protector is the Bounce Dryer sheets. You can tuck them in your belts or rub your clothes with them. If you have very sensitive skin, then I don't recommend you rub your skin with them. You have your traditional bug sprays on the market, which the bugs seem to have become immune to.

These new few tips hopefully will help you beat the bug biting this year. There is a lot of Ground Team and GSAR training this time of the year, which puts you in the area with the bugs.

1Lt Jessica Avellino
Nurse Officer

Spring is here and it's time for all of us to get in shape. Not just to look good at the beach but to improve every aspect of our lives.

Health Benefits of Exercise and Physical Activity:

- * Reduce the risk of premature death
- * Reduce the risk of developing and/or dying from heart disease
- * Reduce high blood pressure or the risk of developing high blood pressure
- * Reduce high cholesterol or the risk of developing high cholesterol
- * Reduce the risk of developing colon cancer and breast cancer
- * Reduce the risk of developing diabetes
- * Reduce or maintain body weight or body fat
- * Build and maintain healthy muscles, bones, and joints
- * Reduce depression and anxiety
- * Improve psychological well-being
- * Enhanced work, recreation, and sport performance

(continued page 5)

(con't)

Benefits of Aerobic Exercise:

- * Increased maximal oxygen consumption (VO₂max)
- * Improvement in cardiovascular / cardio respiratory function (heart and lungs)
- * Increased maximal cardiac output (amount of blood pumped every minute)
- * Increased maximal stroke volume (amount of blood pumped with each beat)
- * Increased blood volume and ability to carry oxygen
- * Reduced workload on the heart (myocardial oxygen consumption) for any given sub maximal exercise intensity
- * Increased blood supply to muscles and ability to use oxygen
- * Lower heart rate and blood pressure at any level of submaximal exercise
- * Increased threshold for lactic acid accumulation
- * Lower resting systolic and diastolic blood pressure in people with high blood pressure
- * Increased HDL Cholesterol (the good cholesterol)
- * Decreased blood triglycerides
- * Reduced body fat and improved weight control
- * Improved glucose tolerance and reduced insulin resistance

Benefits of Strength Training:

- * Increased muscular strength
- * Increased strength of tendons and ligaments
- * Potentially improves flexibility (range of motion of joints)
- * Reduced body fat and increased lean body mass (muscle mass)
- * Potentially decreases resting systolic and diastolic blood pressure
- * Positive changes in blood cholesterol
- * Improved glucose tolerance and insulin sensitivity
- * Improved strength, balance, and functional ability in older adults

So get out there and whatever exercise you enjoy just so long as you get moving.

Capt Richard Fellows
Health Officer

Senior Member In the Spotlight

- **Name:** Sandra Kooker
- **Job/Profession:** middle school Library Aide
- **When I was a kid I wanted to grow up to be:** a jockey, or a vet tech and work with horses
- **Excuse me if I brag about:** my dogs (and sometimes my son and husband)
- **If I could invite four people to dinner, I would invite:** Jesus, my husband and son
- **And we would discuss (at dinner):** the world, the future, the past
- **If I could be invisible for one hour, I would:** help abused animals
- **My favorite singing group:** Alan Jackson, George Strait, contemporary Christian
- **The one TV show I'm glued to is:** Miami Ink and The Unit (figures it got canceled)
- **If I could eat three things for the rest of my life, they would be:** pasta, Black Forest Cake, Jaeger Schnitzel
- **The worst movie I ever saw was:** there's been many bad ones...
- **The best movie I ever saw was:** Braveheart and International Velvet (it's a tie)
- **The person I look up to most is:** the pastors at church
- **If I could have anything in the world, I would want:** peace and financial security
- **Something I've always wanted to do is:** ride in a foxhunt in England
- **Place I'd like to visit:** Scotland
- **If I could change one thing about myself, it would be:** I stress too much
- **Where I'd like to be and what I'd like to be doing in ten years is:** Not having to work, and spend my time walking my dogs, hiking, painting, horseback riding, and learning to fly.
- **My goal in CAP is:** I'd like to become a better PAO-through training and experience, become better trained in Emergency Services, and learn more about the gliders and airplanes.



Cadets, if you are interested in Glider Flights, be sure to take the Wing Runner Course online. Find it at:
www.njwg.cap.gov

Look for Operations on the left, then Flight Training Courses and Tests, and SSF/CAP Wing Runner Course– then click on Wing Runner Course. After you take the test, print out your certificate and bring it to the squadron for your file.

From the Cadets

There are a lot of things that I'm going to be busy with this month, both inside and outside of CAP. For example, in about two weeks or so, I will be taking two AP tests; chemistry and US History. In my other subjects, finals will be coming only slightly more than a month after that, and then I will finally be done my junior year. In Civil Air Patrol, I have encampment staff training two weeks from now, and just after the end of school, I will be going to Alabama for ten days to attend Cadet Officer School. In the meantime, I am still working on fulfilling the requirements for my promotions, and also trying to earn my private pilot's license through Civil Air Patrol.

At the squadron, it is good to see that people are finally interested in progressing and promoting. Hopefully, since the weather is getting warmer and nicer, we will be able to conduct more activities outside, such as bivouacs. These should give you even more incentive to become involved in the squadron. Also, since school is getting close to ending, hopefully we will be able to recruit some more people to the squadron during the summer. I would personally like there to be at least 15-20 cadets coming to every squadron meeting.

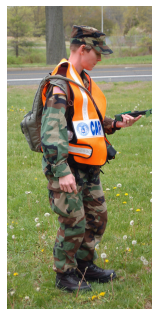
C/2Lt Tristan Kooker

Over the past two weekends, I have attended GSAR school, and I would like to say to all fellow cadets, that it is a very

rewarding experience. Very much like a SAREX, the GSAR school allows you to do more scenario missions in one sitting, and with the GSAR that is happening now, you get to go home for a week in between sessions which allows proper time for what you learned to settle into your mind, so that when you return to the school everything is reinforced again and you can learn new concepts. I am pointing this out because, even though this GSAR is almost over, there are more coming up, and the experience that I have had so far has improved my ES skills a lot. So, to anyone who is in CAP for its main purpose of ES, I would recommend attending the next GSAR.

C/SrA Craig Coughlin

(I want to also encourage cadets to go to GSAR. I learned a lot and had fun at the same time. Thank you to C/Coughlin for being a great Bravo Team mate! He did a great job! 2Lt Sandra Kooker)



Thank you to Major Maria Esparaguera of Pineland Composite Squadron for the great GSAR photos!

From the Cadets

Cadet McLain Reporting,

I hope everyone has had a good last month, I know I have. For all of my Officers and my 1st Sergeant, I couldn't have made it this far without you guys, thanks for helping me.

I am well on my way to Airman 1st Class, and I am going to try and get promoted sometime in May, and I am going to try as hard as I can to make Staff Sergeant before the end of the year.

Special Thanks to C/Kooker, I really couldn't have made it without him, and to C/Calhoun, he taught me Drill the Good way, tough.

To all of the new cadets, if you have any questions about a plane or any aerospace question, come ask me, I am very knowledgeable in that subject, and if I don't know I'll look it up for you.

C/Amn Dylan McLain

I have been evaluating my participation in CAP, although I can say that I go to the meetings, I do believe that I need to get more involved in training and outside squadron activities. Recently I have been considering the big opportunities. I can also say that I need to start promoting like I should. I am planning on attending the May 10th SAREX to qualify for GTM3 and I am only a couple of hours away from my Community Service Ribbon. I am glad that NJ Wing is opening activities closer to our Squadron so

there's not the constant need to travel upstate. I can't believe that school is almost over and summer is about to begin. I am hoping for more opportunities and even more events in the upcoming summer.

C/SrA Adam Alexander

In a couple of weeks, I will be taking two important Advanced Placement (AP) tests for college. AP tests give college credits to students going to college. Depending on the college a person goes to, these college credits and AP classes would not have to be taken while in college. In order for these AP tests to count, you need to score a 3 or 5 on the test. AP classes are much harder and consist of a lot more work. The AP tests I will be taking in May are AP US History and AP Language Composition. Each test costs 83 dollars! At that price, I hope to do well and pass.

C/MSgt Christine Aigbogun

